

Ch = Cheese

HM = Human Milk CCh = Cottage Cheese Veg = Vegetable

Opt= Optional Tbsp = Tablespoon Ft = Fruit S = Snack

IFF = Iron Fortified Infant Formula IFC = Iron Fortified Infant Cereal

Abbreviations

Iowa CACFP

8-11 Months (until 1st birthday) - Individual Infant Monthly Menu

Directions: This monthly menu form is for one infant (age 4-7 months). Date and complete the menus (breakfast, lunch and snack) as served.

Designate which snack is served (AM or PM) or divide snack in half if both AM and PM snacks are served.

(Revised 2/200 (Revised 2/2009)

Month & Year		Infant's Name			
Formula Name		Birth date	Age		
Who provides formula?	Parent or Center (circle one)	Optional foods tried and now required			

1	Infant Meal Pattern*	Monday	Tuesday	Wednesday	Thursday	Friday
	imant wear Pattern	Date:	Date:	Date:	Date:	Date:
	6-8 oz HM or IFF					
Bft	2-4 Tbsp IFC					
	1-4 Tbsp Ft and/or Veg					
Lunch	6-8 oz HM or IFF					
	1-4 Tbsp Ft and/or Veg					
	2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch or 1–4 oz Ch Food or Ch Spread					
	2-4 oz HM or IFF or Ft Juice					
S	0-1/2 slice Bread or 0-2 Crackers (Opt)					
	Infant Meal Pattern*	Date:	Date:	Date:	Date:	Date:
Bft	6-8 oz HM or IFF					
	2-4 Tbsp IFC					
	1-4 Tbsp Ft and/or Veg					
Lunch	6-8 oz HM or IFF					
	1-4 Tbsp Ft and/or Veg					
	2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or 1/2-2 oz Cheese; 2-8 Tbsp C Ch or 1–4 oz Ch Food or Ch Spread					
S	2-4 oz HM or IFF or Ft Juice					
0)	0-1/2 slice Bread or 0-2 Crackers (Opt)					
	Infant Meal Pattern*	Date:	Date:	Date:	Date:	Date:
Bft	6-8 oz HM or IFF					
	2-4 Tbsp IFC					
	1-4 Tbsp Ft and/or Veg					
Lunch	6-8 oz HM or IFF					
	1-4 Tbsp Ft and/or Veg					
	2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch or 1–4 oz Ch Food or Ch Spread					
S	2-4 oz HM or IFF or Ft Juice					
0,	0-1/2 slice Bread or 0-2 Crackers (Opt)					
	Infant Meal Pattern*	Date:	Date:	Date:	Date:	Date:
Bft	6-8 oz HM or IFF					
	2-4 Tbsp IFC					
	1-4 Tbsp Ft and/or Veg					
Lunch	6-8 oz HM or IFF					
	1-4 Tbsp Ft and/or Veg					
	2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch or 1–4 oz Ch Food or Ch Spread					
S	2-4 oz HM or IFF or Ft Juice					
3,	0-1/2 slice Bread or 0-2 Crackers (Opt)					
*1.4:	nimum quantitian are listed, some infants will need m					

*Minimum quantities are listed, some infants will need more food to be healthy.

Note: Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.